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Weekly

Bulletin

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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. VI, No. 2

February 19, 1927

GUY P. JONES  
EDITOR

**Good Health Is A  
Business Proposition.**

The maintenance of personal and community health is essentially a matter of prudent business. It is a very common-sense, practical procedure for an individual to keep himself well and it is a matter of good practical political and economic expediency for the community to maintain a high standard of public health. That good health is good business is growingly demonstrated by the large industrial firms. Not the least of these are the life insurance companies which are spending millions of dollars annually in the interest of the health of their policy holders. At a recent meeting of American life insurance officials, Mr. Henry S. Nollen, President of an American life insurance company, presented a paper upon the subject "Life Saving Results—Economic and Social." The attitude of these companies toward health activities is well exemplified in the following remarks of Mr. Nollen:

"Let us try to imagine an average community, among the vast number which comprises our two well-favored neighborly nations. It contains a normal portion of souls of all ages between the extremes of infancy and dependent senility; and while the community is busily engaged in the pursuit of civic, commercial, industrial and social life, death stalks in and takes its toll, but is no longer regarded as the messenger of fate. The community is conscious that it is constantly under siege by a host of invisible enemies of many and varied forms, each with its

peculiar method of attack. The enemy is alert and insidious; it knows the weak spot of every individual in the community and strikes at that spot; it permeates and surrounds the community on every side. To fight it, there has been established a line of defense which is continually being strengthened.

This line of defense we may conceive to be composed of the agencies that have been before mentioned; the medical profession and its allied research workers, coordinating with the various groups of government health agencies and organized philanthropic agencies which aid in completing the chain of defense by making every individual realize his responsibility and perform his part. A break in the chain nullifies the efforts of the entire remainder of the line of defense. Every person is a factor in the state of the community health and safety; so every family has its medical counsellor who makes periodic surveys to forestall rather than to cure disease. The needy are cared for and there is a general understanding that pure air, sterilized water, wholesome food, sanitary surroundings and well-directed recreation and not least of these, consideration for the life of others in every activity, are essentials in the prosperity of the community. This is not a dream of indefinite extension of the limit of human life, but an attainable standard of human conduct which will coordinate the mind and purpose of every citizen in establishing such measures as are found to minister to health and happiness and a prolonged useful life."



## Work Accomplished In San Luis Obispo.

The past year has brought a distinct advance in the public health of San Luis Obispo County under the direction of Dr. K. H. Sutherland, county health officer, who has now become deputy county health officer of Orange County. Following is a brief resume of the work done in San Luis Obispo County during the year 1926:

The doctor and his nurse held 73 well baby and pre-school clinics in the nine months of the school year, which were attended by 9222 babies, of which 252 were under one year of age.

In connection with the infant welfare work, 444 home visits were made, 34 pre-natal visits, and a motherhood correspondence course conducted from the office. A series of pre-natal letters of instruction for pregnant women was also sent out at intervals, giving expectant mothers needed information.

In the public schools of the county, 679 visits have been made; 1907 school children have been weighed and measured, and 1254 given routine physical examinations by health authorities, with records of defects sent to the parents. Health talks and drills have been given in many of the schools, and yearly records taken for the past three years show a marked improvement in the physical condition of many of the children.

Along sanitary lines, many improvements were reported. Pismo Beach has completed installation of its sewer system. Arroyo Grande is laying one. At the instigation of the health department, Midland Counties Public Service Corporation, which supplies water to Arroyo Grande, has abandoned its old source of water supply and bored a new well. Morro Bay has voted a water district.

Over one hundred small improvements were mentioned in the way of screening restaurants and stores, connecting toilets with sewer, cleaning and repairing cess-pools, providing lavatories, cleaning public alleys and providing paper cups.



The role played by the educator in health work today is vital. It is also perhaps legitimate that her attention should largely be devoted to matters of personal hygiene, to personal health habits, to nutrition, posture, individual defect correction, etc. That is the period in which we are. Yet no amount of effective health educational superstructure of this type can justify the neglect of the fundamentals disclosed by the preceding periods of our sanitary growth. To correct Johnny's dental defects and have him die of diphtheria, to teach Mary to stand correctly and have her come down with a water-borne typhoid—these are examples of discouraging, but by no means infrequent events.—Donald B. Armstrong, M.D.

## New Report Of Disease Control.

The Committee on Standard Regulations for the Control of Communicable Diseases of the American Public Health Association made its report at the Buffalo meeting of the Association in October. This report received the official approval of the Governing Council of the Association and of the United States Public Health Service.

The names of four diseases have been added to the official list: epidemic (lethargic) encephalitis, influenza, Malta fever and tularemia. Cerebro-spinal meningitis has been relisted as meningococcus meningitis.

The term "carrier" has been defined in the report as a person, who, without symptoms of a communicable disease, harbors and disseminates the specific microorganisms.

The discussions of the individual methods of control of each disease are interesting. In that for chickenpox the following appears:

The chief public health importance of this disease is that cases thought to be chickenpox in persons over 15 years of age, or at any time during an epidemic of smallpox, are to be investigated to eliminate the possibility of their being smallpox.

In the discussion of diphtheria control it is stated that in 95 per cent of cases the virulent bacilli disappear from the secretions and the lesions in 4 weeks. Where termination by culture is impracticable, cases may be terminated with fair safety as a rule 16 days after the onset of the disease. Applications of the immunity test for all especially exposed persons is recommended, such as nurses and physicians as well as active immunization of all susceptibles, but not within 3 weeks after the administration of antitoxin. Active immunization of all children at the end of the first year and the active immunization of all school children is given important mention.

The incubation period for measles is given as 10 days, whereas former reports gave it as usually 14 days. For immunization there is recommended the use of the serum of whole blood of convalescent measles patients, or of any healthy adults who have had measles, given within 5 days after exposure to a known case of measles. Thus the attack in the exposed person may be averted in a high percentage of cases. If not averted the disease is modified. Given later, but at a time



prior to the clinical onset of the disease, convalescent serum usually modifies the severity of the attack, and the patient acquires the usual lasting immunity to the disease. In institutional outbreaks immunization with convalescent serum of all minor inmates who have not had measles is of value in checking the spread of infection and in reducing mortality.

With regard to poliomyelitis the report states that a newly recognized possible mode of transmission is by drinking milk contaminated by the nose, mouth and bowel discharges of persons in the active stages of the disease. The incubation period is uncertain because of inexact information as to the period of communicability and essentials for exposure, but is believed to be from 3 to 10 days, commonly 6 days. Isolation is recommended for recognized cases for 3 weeks from febrile onset.

The incubation period for smallpox is considerably changed from that given in the old report which was 12 to 14 days. In the new report this period is given as from 8 to 16 days. Cases with incubation period of 21 days are reported.

In the discussion of scarlet fever the report gives the period of communicability as 3 weeks while the old report gave this period as 4 weeks. This period of communicability is from the onset of the disease, without regard to the stage or extent of desquamation, and only after all abnormal discharges have ceased, and all open sores or wounds have healed. If medical inspection is not available, isolation for 28 days from onset is recommended.

Many other communicable diseases and their control are discussed in the report of the committee which will be published in full in the March American Journal of Public Health, reprints of which will be available from the American Public Health Association.



### Efficiency Is Aim Of Dairy Inspectors.

The International Association of Dairy and Milk Inspectors having for its object the development of uniform and efficient inspection of dairy farms, milk establishments, milk and milk products, at its fifteenth annual convention in Philadelphia, October, 1926, adopted the following resolution:

Whereas, This association recognizes milk as the first necessity of life, and that inspection of the sources of pro-

duction, distribution, and careful chemical and bacteriological examination of milk is necessary in the protection of the public health, therefore, be it

*Resolved*, That the International Association of Dairy and Milk Inspectors urgently recommend to the various state and city departments of health that in the selection of those who are to fill the positions of dairy and milk inspectors, special effort be made to employ only those who are entirely reliable, thoroughly competent, and well qualified to adequately safeguard milk supplies and properly protect the public health; and be it further.

*Resolved*, That a copy of this resolution be mailed to each state department of health, with the request that it be published in the bulletin of the department.



### MORBIDITY.\*

#### Diphtheria.

139 cases of diphtheria have been reported, as follows: Alameda 1, Berkeley 5, Oakland 6, San Leandro 1, Butte County 1, Chico 3, Oroville 1, Colusa 2, Pittsburg 1, Fresno County 2, Brawley 1, Kern County 2, Kings County 2, Hanford 2, Los Angeles County 15, Beverly Hills 3, Burbank 2, Hermosa 1, Huntington Park 1, Los Angeles 34, Whittier 2, Maywood 2, San Anselmo 1, Merced County 2, Santa Ana 1, Roseville 1, Corona 2, Sacramento 1, Rialto 1, San Bernardino 4, San Diego 7, San Francisco 15, San Joaquin County 2, Lodi 1, Stockton 1, San Mateo County 1, Redwood City 1, San Bruno 1, San Mateo 1, Lompoc 1, Santa Clara County 2, Tulare County 2, Lindsay 1.

#### Scarlet Fever.

267 cases of scarlet fever have been reported, as follows: Alameda 1, Berkeley 5, Oakland 9, Fresno County 1, Clovis 1, Glenn County 1, Humboldt County 1, Kern County 6, Bakersfield 2, Tehachapi 1, Los Angeles County 23, Alhambra 4, Arcadia 2, Beverly Hills 2, Compton 1, Hermosa Beach 6, Long Beach 4, Los Angeles 63, Monrovia 4, Pasadena 4, Pomona 8, Whittier 2, Lynwood 1, Hawthorne 2, Monterey Park 1, Maywood 2, Tujunga 1, San Rafael 1, Monterey County 1, Orange County 4, Fullerton 1, Orange 1, Santa Ana 3, Seal Beach 1, Riverside 2, Sacramento 1, Colton 1, Redlands 1, San Bernardino 2, National City 2, San Diego 6, San Francisco 32, San Joaquin County 5, Manteca 1, Stockton 3, San Luis Obispo County 2, Burlingame 1, San Mateo 3, Santa Barbara County 1, Santa Clara County 13, Gilroy 3, Mountain View 3, San Jose 10, Stanislaus County 2, Modesto 1, Tulare County 1, Lindsay 1.

#### Measles.

2377 cases of measles have been reported, as follows: Alameda 19, Albany 18, Berkeley 238, Oakland 93, San Leandro 3, Chico 1, Colusa County 1, Colusa 1, Antioch 1, El Cerrito 3, Pittsburg 1, El Dorado County 5, Fresno County 27, Reedley 6, Glenn County 17, Orland 1, Humboldt County 3, Eureka 8, Kern County 12, Bakersfield 4, Hanford 6, Lakeport 3, Lassen County 16, Los Angeles

\*From reports received on February 14th and 15th, for week ending February 12th.



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County 125, Alhambra 2, Arcadia 4, Beverly Hills 2, Burbank 3, Compton 3, Huntington Park 20, Long Beach 83, Los Angeles 430, Montebello 1, Pasadena 39, Pomona 5, Redondo 2, San Fernando 1, San Gabriel 1, Santa Monica 12, Whittier 24, Torrance 5, Lynwood 5, Hawthorne 1, South Gate 1, Monterey Park 2, Maywood 5, Madera 2, Marin County 2, San Rafael 4, Merced County 4, Merced 1, Monterey County 9, Pacific Grove 1, Napa County 1, Napa 4, Orange County 103, Anaheim 13, Fullerton 45, Orange 2, Huntington Beach 1, Santa Ana 5, La Habra 13, Lincoln 19, Plumas County 8, Riverside County 1, Riverside 9, Sacramento County 7, Sacramento 109, Chino 1, Colton 9, Redlands 9, Rialto 1, San Bernardino 10, San Diego County 6, Chula Vista 1, Coronado 1, National City 28, San Diego 143, San Francisco 147, San Joaquin County 20, Stockton 33, San Luis Obispo County 5, Paso Robles 1, Burlingame 2, Redwood City 1, San Mateo 2, Santa Barbara County 4, Santa Barbara 41, Santa Clara County 11, Gilroy 14, Los Gatos 1, Mountain View 2, Palo Alto 29, San Jose 15, Sunnyvale 3, Santa Cruz County 13, Watsonville 21, Solano County 1, Benicia 6, Petaluma 2, Stanislaus County 1, Modesto 2, Sutter County 25, Tehama County 9, Red Bluff 1, Tulare County 2, Tuolumne County 18, Sonoma 5, Yolo County 43, Davis 1, Woodland 50.

**Smallpox.**

21 cases of smallpox have been reported, as follows: Oakland 1, Gridley 2, Los Angeles

County 1, San Gabriel 1, Madera 1, Saint Helena 1, Corona 2, Sacramento 1, North Sacramento 1, San Francisco 4, Stanislaus County 6.

**Typhoid Fever.**

10 cases of typhoid fever have been reported, as follows: Berkeley 1, Oakland 1, Humboldt County 1, Los Angeles 2, Sacramento 1, San Francisco 2, San Joaquin County 1, Mountain View 1.

**Whooping Cough.**

93 cases of whooping cough have been reported, as follows: Albany 4, Berkeley 17, Oakland 17, Fresno County 1, Glenn County 3, Eureka 2, Kern County 2, Los Angeles County 4, Long Beach 7, Los Angeles 12, Monterey Park 2, Orange County 3, Anaheim 5, Riverside County 1, Coronado 3, San Diego 1, San Francisco 14, Benicia 3.

**Meningitis (Epidemic).**

7 cases of epidemic meningitis have been reported, as follows: Oakland 1, Contra Costa County 1, Los Angeles 2, Sacramento 1, San Francisco 1, Visalia 1.

**Poliomyelitis.**

Two cases of poliomyelitis have been reported, as follows: Los Angeles 1, Palo Alto 1.

**Encephalitis (Epidemic).**

Three cases of epidemic encephalitis have been reported, as follows: Oakland 1, Lassen County 1, Anaheim 1.

**COMMUNICABLE DISEASE REPORTS.**

Disease	1927				1926			
	Week ending			Reports for week ending Feb. 12 received by Feb. 15	Week ending			Reports for week ending Feb. 13 received by Feb. 16
	Jan. 22	Jan. 29	Feb. 5		Jan. 23	Jan. 30	Feb. 6	
Anthrax.....	0	0	0	0	0	0	0	0
Botulism.....	0	0	0	0	0	0	0	0
Chickenpox.....	533	642	519	668	292	305	358	420
Diphtheria.....	186	159	172	139	123	127	127	91
Dysentery (Bacillary).....	0	2	0	0	0	1	0	0
Encephalitis (Epidemic).....	2	1	1	2	0	4	3	1
Gonococcus Infection.....	87	86	146	133	112	66	140	78
Influenza.....	39	48	40	101	1178	897	574	479
Jaundice (Epidemic).....	3	2	7	0	0	0	0	0
Leprosy.....	0	0	0	0	0	2	0	0
Malaria.....	1	0	0	0	0	0	1	1
Measels.....	1815	1919	2592	2377	67	64	66	85
Meningitis (Epidemic).....	2	7	9	7	8	12	10	12
Mumps.....	238	207	248	257	285	212	218	268
Paratyphoid Fever.....	1	0	0	2	1	0	0	0
Pneumonia (Lobar).....	71	72	69	82	101	188	99	129
Poliomyelitis.....	2	5	2	2	1	4	2	4
Rabies (Animal).....	7	5	11	20	5	5	4	8
Rabies (Human).....	0	0	0	0	0	0	0	0
Rocky Mt. Spotted Fever.....	0	0	0	0	0	0	0	0
Scarlet Fever.....	301	318	322	267	188	211	171	160
Smallpox.....	77	30	20	21	102	89	187	200
Syphilis.....	115	119	167	152	100	120	174	95
Tetanus.....	1	0	2	0	0	6	0	0
Trachoma.....	7	2	36	13	3	2	3	5
Trichinosis.....	5	1	0	1	0	0	0	0
Tuberculosis.....	187	182	162	181	197	121	212	157
Typhoid Fever.....	15	11	4	10	11	10	13	12
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	93	98	116	93	155	74	53	57
Totals.....	3788	3916	4645	4528	2829	2520	2415	2262